

TED

Relevant History for Therapist:

Your client Ted is a 30 year old man who meets criteria for BPD, anxiety disorder NOS, as well as cocaine and marijuana dependence, in partial remission. He comes from a very successful family. Both his parents are professionals, as are his two other siblings. Ted began using marijuana and snorting cocaine about two years ago after getting expelled from law school. You have worked with Ted for the past six months and he has made considerable gains, including significantly decreasing his use of drugs. He has recently (two weeks ago) moved out of his parents' home and into his own apartment – a big and important milestone as he rebuilds his life. You and he have also been working on Ted getting a job in a field related to law. He hopes to return to law school in another year with enough money in savings that he can afford to just go to school without having to simultaneously work. Ted has been abstinent from all drugs for the past five weeks. Ted's urges to use drugs were unusually high on Monday and Tuesday -- four out of five on a Likert scale on Monday and Tuesday, building to a five on Wednesday when he did use drugs.

TASK: You have a session with Ted on Friday and because this is the highest order target for the session, you decide to do a chain analysis on Wednesday's use of drugs. You will have 20 minutes to perform the chain analysis.

ACTORS: The key is to answer each question, but to not give more information than is being asked of you.

Vulnerability Factors:

- Ted has a job interview lined up for the Wednesday before this session. This is his first interview since he has been in therapy with you. He has been *very anxious* about the interview – (SUDS as high as 85 on 100 point scale when he would think about the upcoming interview). The anxiety has been building since last Wednesday when he first learned he had an interview with one of the top law offices in the city: the prestigious law offices of Schultz and Brown.
- Ted hasn't been sleeping well since Sunday night. He typically gets 8 hours of sleep, from 11:00PM to 7:00AM and sleeps "like a log". He's been waking up around 2:00AM and "lying there in bed ruminating" until about 4:00AM before he is able to fall back to sleep. He says he has "middle of the night thinking" when he lies there ruminating: "I worry about not having enough money to pay the bills, now that I have this new apartment, or I think about how much I want this job and all I see is me screwing up the interview...like freezing up or something."
- High urges to use pot and cocaine started on Monday. Up from a 1 to a 4. (see previous instructions page).

What Happened?

- Had a mellow morning on Wednesday, trying to relax and prepare for interview at 2:00PM. Got up, went to yoga class at 8:00AM. Back home by 10:00AM. Ate a good breakfast. Prayed and prepared for job interview. ("I sort of asked myself questions I thought they'd ask me, then I'd answer them. I did what you and I talked about: Imagine myself in the interview, sitting back in my seat, and relaxing my body by breathing calm, gentle breaths through my diaphragm.")
- Feeling okay when I got on the bus to go downtown (SUDS around a 50). I was thinking positive thoughts (e.g., "what's important is that I keep putting one foot in front of the other"), but I was definitely feeling anxious.
- I got on the bus (Bus #3, from Madrona to downtown) and we went past LeRoy's Chicken – this place where I used to hang out with my friend Xavier – when we used to use drugs. No urges to use/hadn't decided to use drugs at this point—just thinking about old times
- I think I started daydreaming or something. I was thinking about Xavier and the "good times" when we'd hang out. You know, I was thinking about the crazy things we would do together. Hanging out in his apartment, snorting cocaine while listening to music. I felt peaceful and feeling of connection. (SUDS = 20, if that).



- As soon as he realized he was downtown and close to the stop, anxiety started going up again.
- Before he knew it, he was downtown. He looked up, out of the window and saw what he thought was a drug deal (a man selling to a woman behind Marshalls). Urges to use went up to a 4 (on five point scale). Started thinking about how much better he'd feel if he had had a bowl of pot. "I was just sitting there thinking about it and how good it would feel right now to have a bowl."
- Got to the interview. Anxiety still high. I was doing fine. Not as smooth as I wanted to be but I was actually feeling okay. Not aware of any urges to use drugs once in the interview, just really being mindful of what was happening in the interview
- Then they wanted to know what happened ... why I got expelled from school and why I hadn't worked in the past two years. [They specifically asked, "So I see that you were in law school several years ago, but didn't complete. That you want to go back. What happened?" and "We see that you weren't working the past two years. What kinds of things were you doing?]. I froze. I didn't know what to say. I don't even know what I said. I just wanted to hide, to crawl out of the place. I felt like I was swimming in shame and anxiety. (SUDS = 95) I just wanted to get out of there. Still no urges to use; just feeling really bad.
- I could just tell that they were just thinking, "What is this person even doing here? Why did we make this much time for this candidate, clearly he doesn't have what we want."
- They eventually said, "We'll be making our final decision in a few days and we'll let you know." I could tell that the woman who would supervise me wasn't impressed with my answers. She looked bored and distracted, like she was as eager to stop as I was.
- I got on the bus and just started thinking about the whole thing. Getting expelled, the disappointment in my mom's face when she found out what had happened, feeling like such a loser, then starting to babble in the interview. God bless them for not throwing me out. (Shame super high at 95). I couldn't get it out of my mind. Then of course, I'm n the damn bus passing every junkie in Seattle as I'm going home.
- I start thinking about pot...just wanted to "chill". (While thinking about it, SUDS dropped to around 50.) I couldn't shake it from my mind.
- Noticed urges going up to 5. Remembered past sessions with therapist thinking about strategies to avert a relapse: mostly pros and cons. But to be honest, I didn't really want to do pros and cons. I have been working so damn hard on staying off drugs. And I haven't used cocaine for over a month. I just wanted to go home and

chill, to relax. I also felt like I deserved it after all I went through. I wasn't planning to make a habit of it. I just wanted to take a break, chill. I felt like I deserved a break after all I had gone through.

- So I went home and got some pot (from neighbor; enough to fill three bowls). I went into my living room...(was by this point about 5:00PM) and smoked the joint. Felt great. Relaxed. Just what I had wanted. (Was sitting alone in living room; smoked about two bowls).
- It felt great at first (2 hours). Then I started thinking about the relapse, all it meant (I'd have to come to session and tell you, do a chain, that I violated my goals). Started feeling badly about that (shame/guilt at about 65). And started thinking about the interview again.
- I started thinking about Xavier again and thought I'd give him a call and see what was up with him. Last I heard, he was in drug treatment. So I called him...(must have been around 8:30PM) and he wasn't doing anything. We said we'd go catch a bite together and catch up. (Last I heard, he was clean).
- We met at this diner in Capitol Hill (Rex's). I was feeling pretty good to see him. He said he was still trying to get clean. I told him I was too. Chatted about old times, old friends we used to hang out with. My urges were like a 1 or a 2. Then Xavier invited me back to his apartment. I was feeling really happy to connect up with an old friend and take my mind off my problems for a bit. So we went back to his house. My urges went up a little, like to a 2 or 3.
- I wasn't thinking we were going to snort cocaine. But when we got there, he said he had some and wondered if I was interested. (I told him no, but that he should go ahead; my heart started racing the moment he said he had some; my urges went up to a 5).
- He brought some out. The moment I saw it, I knew I was going to do it. (Heart racing, feeling excited, not a care in the world; was just totally focused on what it would be like, getting it).
- Snorted cocaine (about a line; about 10:30 at this point; in Xavier's living room; hadn't ever been to Xavier's new apartment before; felt great, rush. Feeling of connection with Xavier; mind was totally off problems)
- Snorted then hung out until about 1:00AM; then came home. Went to bed.
- Woke up and felt like shit (guilty/ashamed that he had violated goals – pretty intense. Urges dropped to 3, but felt determined not to use.



Instructions for actors:

- 1) In response to how are you, use initial, “I’m doing okay.”
- 2) In response to “what happened,” use initial VAGUE response: I was really anxious about the whole job interview thing.
- 3) In response to “what drugs did you use?”, say BOTH pot and cocaine. Do not volunteer that they were at two separate episodes. **There may be a point where it is reasonable that you need to clarify that the drug abuse was at two separate times in two different places and this is fine.
- 4) In response to “When did you first think about using drugs/When did the thought first enter your mind about drugs/etc.” you will say “on the bus ride to the interview.” This leaves the door open for the clinician to get the info that seeing LeRoy’s chicken led to thinking about drugs, without explicitly giving the PE unprompted.
- 5) Be consistent in delivery of background info/where does the story start: It is hard to anticipate the opening question from the therapist to start the chain, but in the beginning of the role play, once you answer “what happened” with vague answer, start by being unsure, incorporate background info, and wait for therapist to fish out details of links and PE. Ex., “I’m not really sure, I was having an okay morning. I went to yoga, etc, etc. I don’t know what happened. I was just feeling anxious about this interview...”
- 6) As the client, you understand what chain analysis is, you have done them before, and you agree to the behavioral targets. This translates into offering no direct opposition to doing the chain. And if the therapist asks you if you’re “on board” to do the chain or do you know why we’re doing the chain, or any other questions along those lines, answer in the affirmative and be cooperative.
- 7) If therapist targets the increase in urges on Monday and Tuesday and seems to be spending a good deal of time doing chain on that instead of on the actual drug use, do your best to gently nudge them back to Wed. For example, if they ask, “I see your urges went up on Monday, what was going on that day?” You might say, “Um, I don’t really remember anything specific, I was just trying to get ready for the interview. Things didn’t really get hard until Wed.”